



DB-SAFE SAFE RETURN TO SPORT PLAN

Ver. V dated 30/10/2020



This document is approved and endorsed on 01/06/2020

Amendment 1, 29/06/2020

Coach/Steer permitted to also wear face mask in lieu of face shield ...Slide 10

Amendment 2, 03/07/2020

Added Control Measures at KWSC

...Slide 29

Added Control Measures at Nursery

...Slide 32

Added COVID-19 Positive necessary actions

...Slide 33 & 34

Amendment 3, 14/09/2020

Coach is required to sit and not stand

...Slide 10 & 11

Clarification of Coach & Steer's certification

...Slide 10

Clarify standard practice required of Coach/Steers

...Slide 12

Added New Norms for Mentors

...Slide 13

Added New Norms Boat Configuration for Pattern 5: With Mentor ...Slide 16

Amendment 4, 06/10/2020

Clarify paddlers can only paddle for 1 team

...Slide 9

Added New Norms for Coach/Steer/Paddler

...Slide 12

Added Safe Distancing advisories

...Slide 43 - 45

Amendment 5, 30/10/2020

Reorganizing of information

...Slide 9 – 22

Amended standard requirement for Coach

...Slide 12

Amended new norms for Coach

...Slide 13

Added "NEW CONDITIONS" for Coach

...Slide 16 & 17

Amended standard requirement for Steer

...Slide 18

Amended new norms for Steer

...Slide 19

Added "NEW CONDITIONS" for Steer

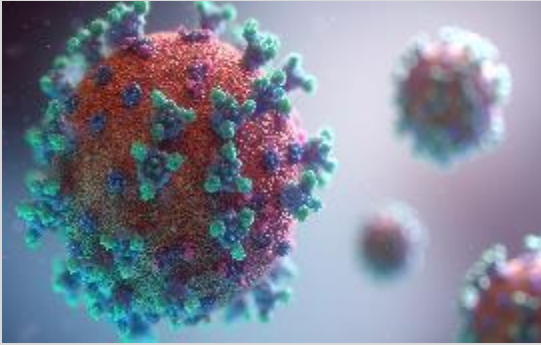
...Slide 20 & 21

Added "NEW STANDARD OPERATING PROCEDURES"

...Slide 22



ABOUT COVID-19



COVID-19 is a disease caused by a new coronavirus, which has not been previously identified in humans.

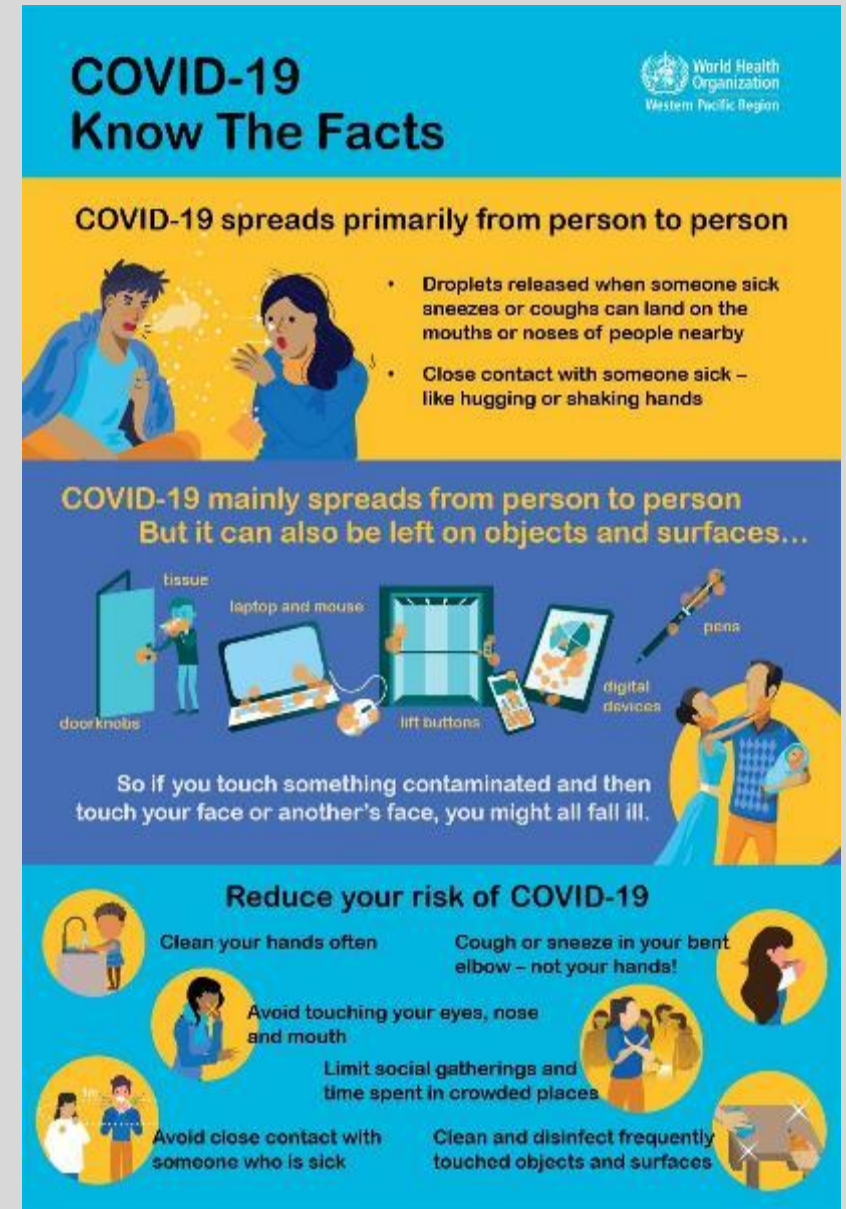
In most cases, COVID-19 causes mild symptoms but may escalate to become more serious, even life threatening.

COVID-19 was declared as a pandemic by the World Health Organization with the number of global infection steadily rising everyday.

To combat and coordinate efforts to control and manage the COVID-19 outbreak, the Singapore government formed an Inter-Ministry Task Force (the “Task Force”) to helm all efforts.

For more information regarding COVID-19, including control measures and recommended safe policies in placed, please visit the following websites:-

- a) Singapore Government: <https://www.gov.sg/article/covid-19-updates-and-announcements>
- b) Ministry of Health: <https://www.moh.gov.sg/covid-19>
- c) World Health Organization: <https://www.who.int/>



ABOUT DB-SAFE



DB-Safe is designed for the sport of dragon boat, covering the unique requirements and dynamics of the sport and related activities.

COVID-19 is still being studied and understood. Hence the information and knowledge about the coronavirus is still evolving.

Nonetheless, SDBA guarantees the accuracy and factuality of this document at the time of writing. DB-Safe takes into account the directives and recommendations issued by The Task Force and/or Sport Singapore (SportSG).

At any time new information and knowledge is confirmed by The Task Force, SDBA will share them with the dragon boat community.

We shall then refined our necessary response and issue advises and/or directives, as and when required.

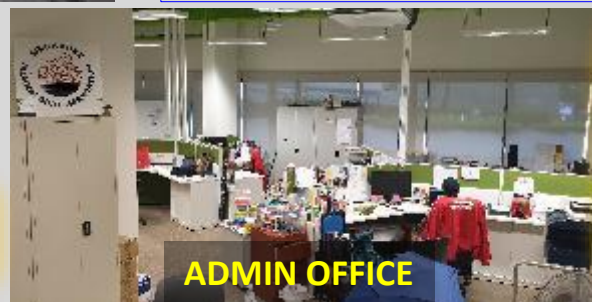
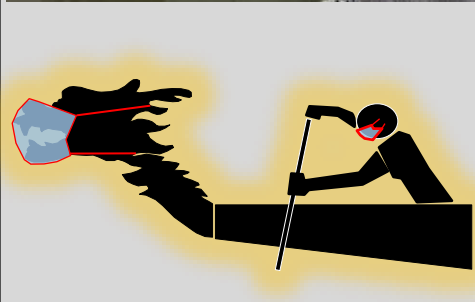
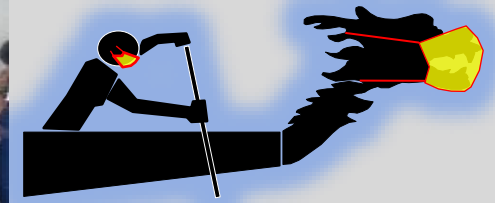


OBJECTIVE

With the end of the Circuit Breaker, businesses and activities may gradually resume in three (3) phases with Sports & Recreation planned for resumption in Phase 2

DB-Safe aims to deliver safe management and operation procedures (the “DB-Safe Plan”) to guide the sport. It shall cover:-

- i) Facilities
- ii) Organized training
- iii) Organized programs
- iv) Courses



OUR COMMUNITY

DB Unite...SG United

COVID-19 is not only a health threat, it is also a social and economic threat. It hurts everyone and there is no escaping its many impact.

To keep our sport going, the dragon boat community must adapt to living with it. In doing so, we need to adopt new norms to ensure that we are safe while playing our sport.

This new norms may not be ideal to all but they are necessary.

We are a strong and close-knit community. Let's come together, support one another, and help each other so that we can all overcome it.

This will be the hardest and longest race in all our lives.

Are You Ready?!

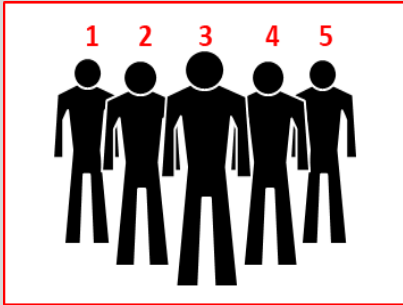


NEW NORMS – GENERAL DESCRIPTION

SportSG Advisory for Resumption of Sport & Physical Exercises & Activities Phase 2

Sport & Recreational Facilities may open

Maximum number no of persons allowed is limited to its gross floor area on 10m² per person or cap at 50 persons, whichever is lower

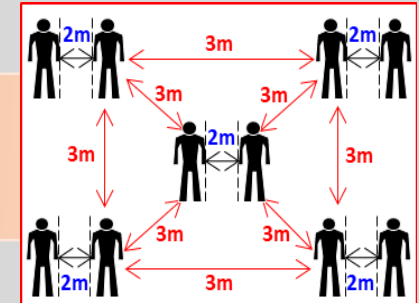


Group Activities

Limited to no more than 5 athletes

Physical Distancing

2m between individuals while exercising and playing sport. 3m between different groups

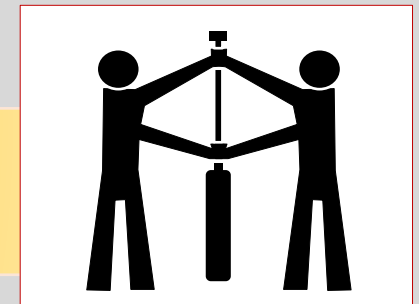


Wear face mask

By default and at all times but can be taken off when performing strenuous activities

Sharing of Equipment

Should be avoided. If cannot be done, the equipment must be sanitised & disinfected before/after every use



NEW NORMS – SPORT SPECIFIC STANDARD

Required for all dragon boating and related activities

1

Come Leave

**TRAIN HARD
TRAIN QUICK
TRAIN HAPPY**

Come > Train > Leave
Do not linger & quickly do all that needs to be done

Purpose: To reduce time spent in crowded places

2

1 2 3 4 5

Group size limitation of max 5 persons, excluding the Coach

4 paddlers + 1 steerer shall make-up one(1) crew in the DB12 dragon boat

Purpose: To limit social gathering

3

January 2020 February 2020

Team A Team B

Deconflicted schedule
i.e. specific launch/ recovery timing, etc.

Purpose: To reduce time spent in crowded places

4

Temperature checking at facility entrance

Temp 38° and above shall be declined entry

Purpose: To avoid contact with someone who is sick

5

© GovTech

Whereabouts tracking via SafeEntry app

Mobile phone with QR scanner app required. NRIC scanning option unavailable

Purpose: Contact tracing

6

© GooglePlay

Whereabouts and proximity alert via TraceTogether app

Purpose: Contact tracing

7

Wear face mask

Unless! Strenuous Exercise

Wear face mask at all times unless undergoing strenuous exercise with adequate social distancing

Coach/Steer may wear Face Shield during dragon boat activity

Purpose: Protect yourself & protect others

8

General 1m apart applies.

2m apart when exercising or playing sport

3m between groups/ boats

Purpose: Protect yourself & protect others

9

Disinfect equipment regularly, especially after use

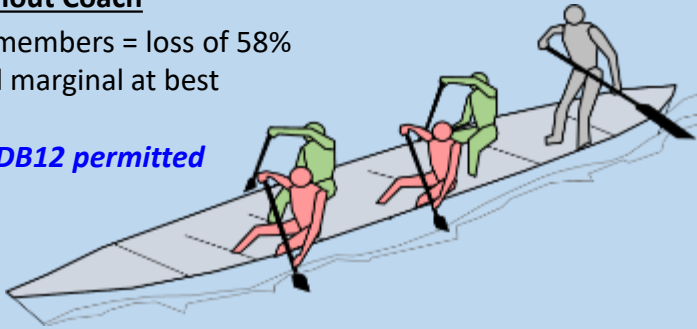
Purpose: Protect yourself & protect others

NEW NORMS - CREW

Based on limit of 5 athletes per Crew

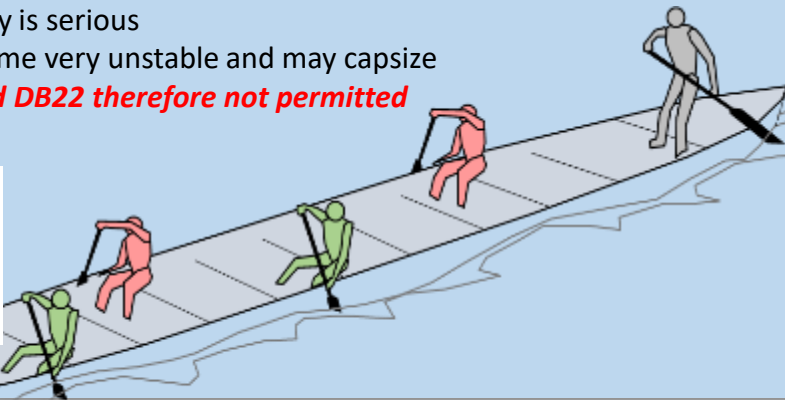
Set-up of DB12-crew , without Coach

- 1) Reduction of 7 crew members = loss of 58%
- 2) Loss of stability is still marginal at best
- 3) Boat is still stable
- 4) **Only 5-crew aboard DB12 permitted**



Set-up of DB22-crew , without Coach

- 1) Reduction of 17 crew members = loss of 77.3%
- 2) Loss of stability is serious
- 3) Boat will become very unstable and may capsize
- 4) **5-crew aboard DB22 therefore not permitted**



Description

- ❑ Definition of 5 athletes (the "Crew") = 4 Paddlers + 1 Steer, excluding one (1) Coach. Typical Crew size: 1 Steer in the back ; 4 Paddlers in the boat
- ❑ Total permissible inside boat (the "Full Crew") = 1 Coach + 5 Athletes. Typical crew size: 1 Steer in the back, 1 Coach in the front and 4 paddlers in the boat
- ❑ The Coach can double-up as the Steer ; in this case, the boat can only have 5 persons (1 Coach/Steer + 4 Athletes) aboard.
- ❑ If no Coach present, the boat can only have 5 athletes (1 Steer + 4 Athletes) aboard

Requirements

- ❑ 5-crew permitted for the DB12 boat only
- ❑ 2 paddlers on the Right & 2 paddlers on the Left to balance the boat
- ❑ Social distancing of 2m between the 2 paddlers on one side
- ❑ Crew must practice proper boat handling, i.e. stabilize seating, bracing, controlled movements inside the boat, etc.
- ❑ Crew in different boats cannot cross over
- ❑ The Crew must remain with the same boat at all times for the session

A paddler can only paddle with 1 team only ; even on different days

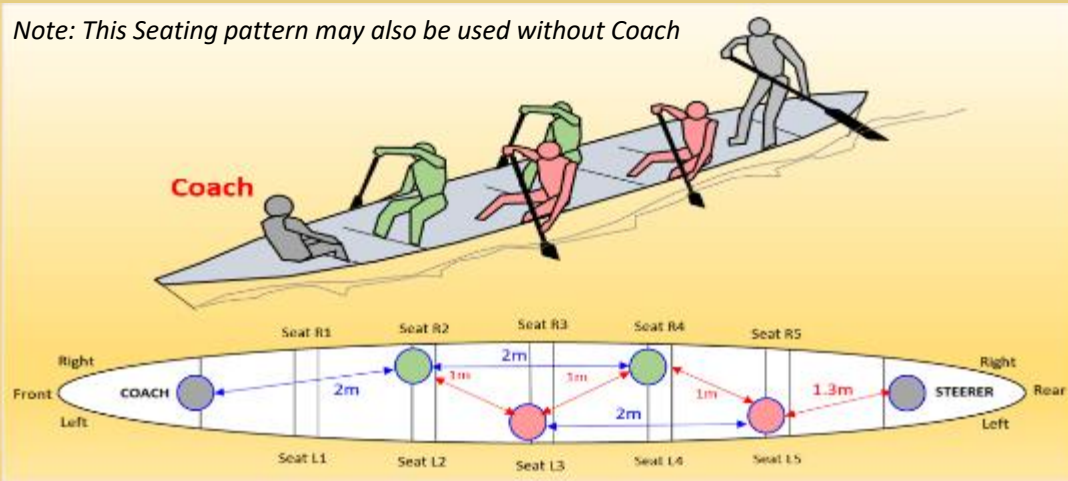
NEW NORMS – CREW CONFIGURATION

Pattern 1 & 2

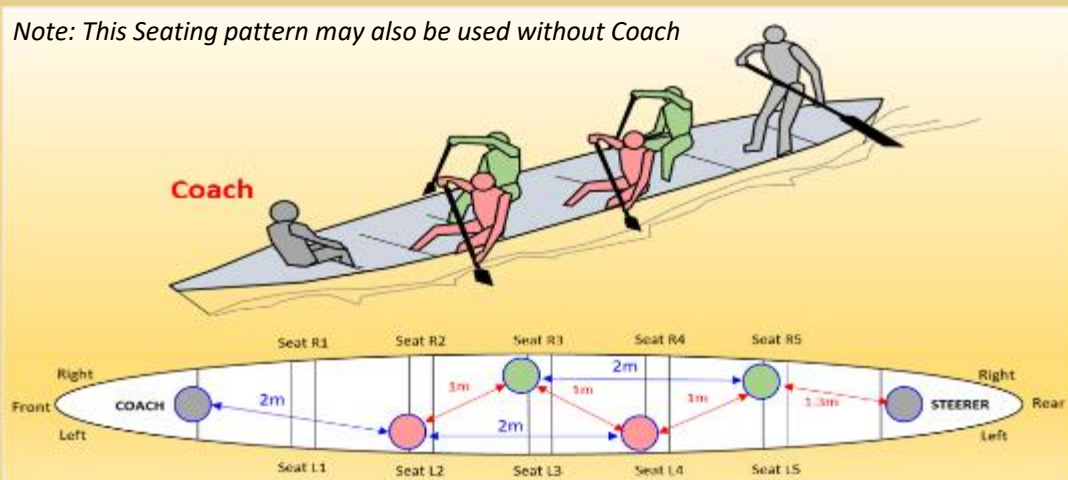
Pattern 1

- ✓ With Coach
- ✓ Front seat blank

Note: This Seating pattern may also be used without Coach

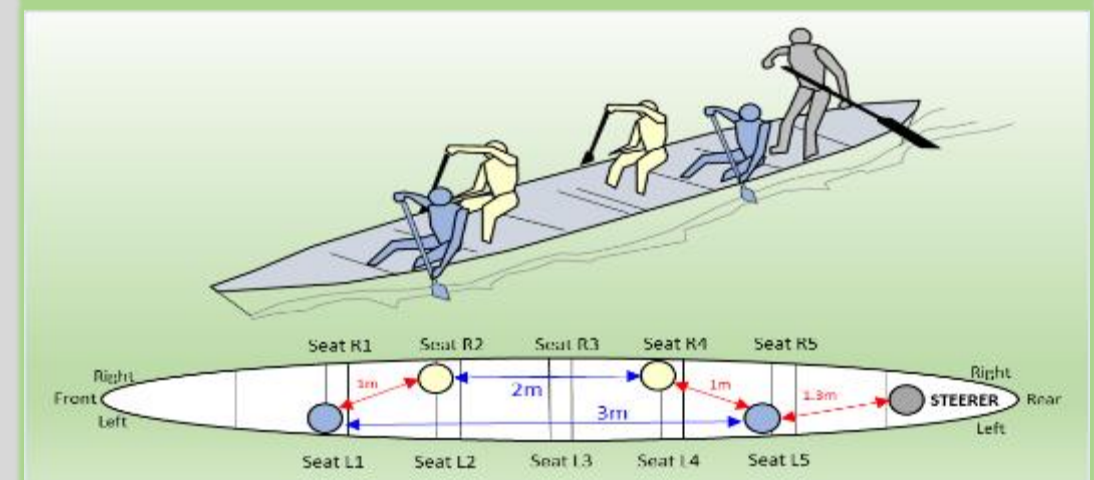
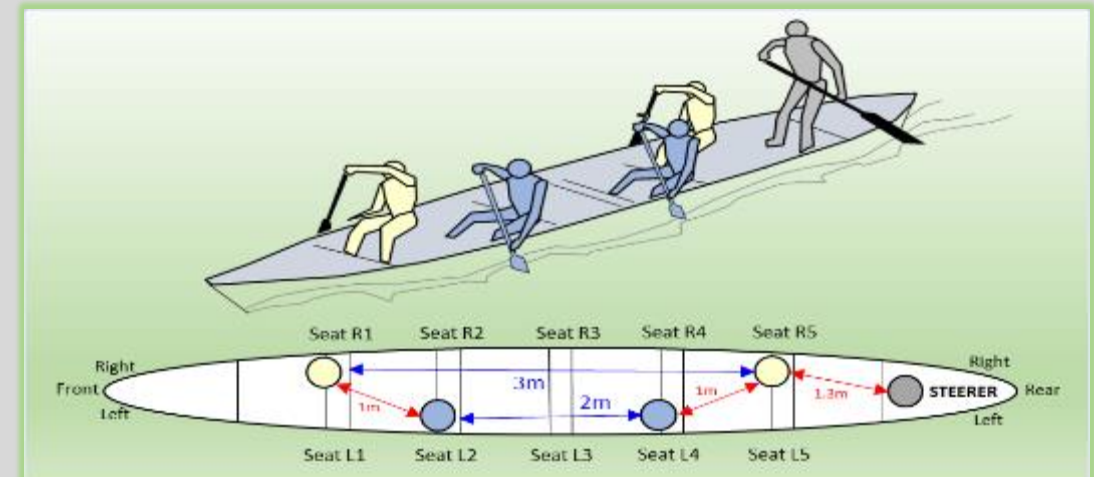


Note: This Seating pattern may also be used without Coach



Pattern 2

- ✓ Without Coach
- ✓ Centre seat blank I

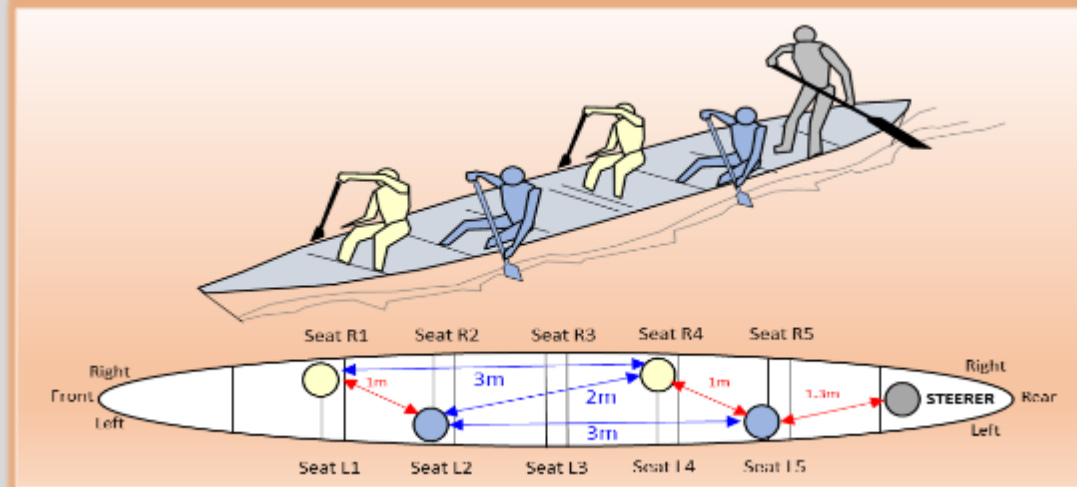
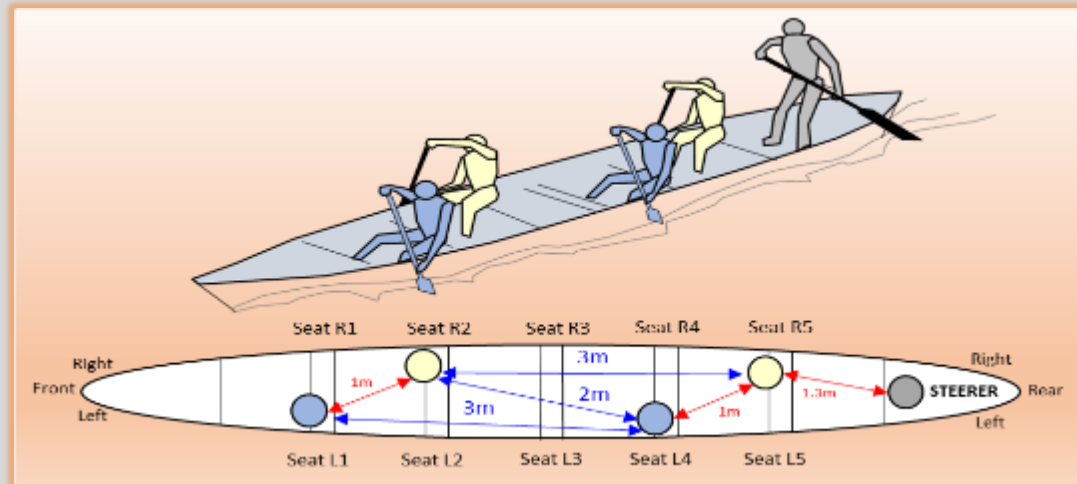


NEW NORMS – CREW CONFIGURATION

Pattern 3 & 4

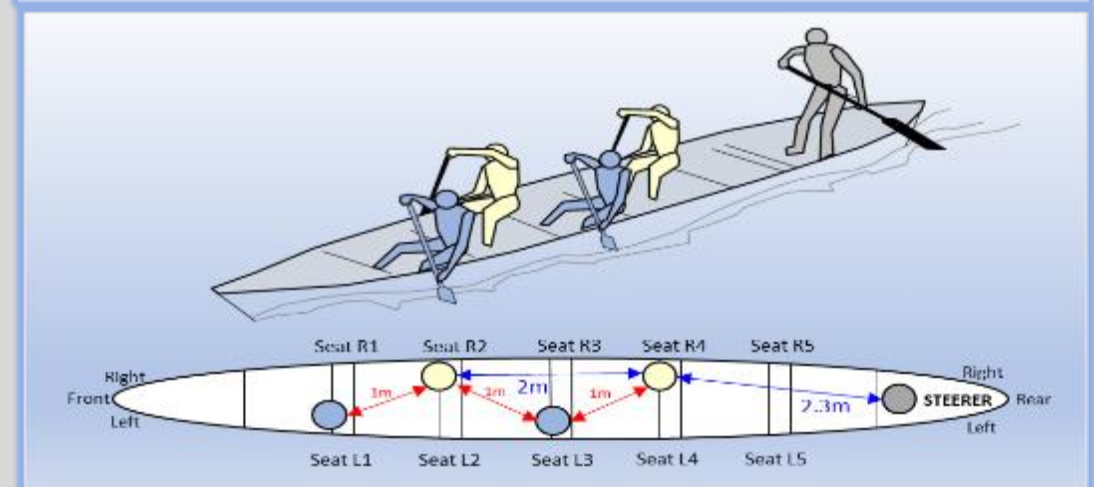
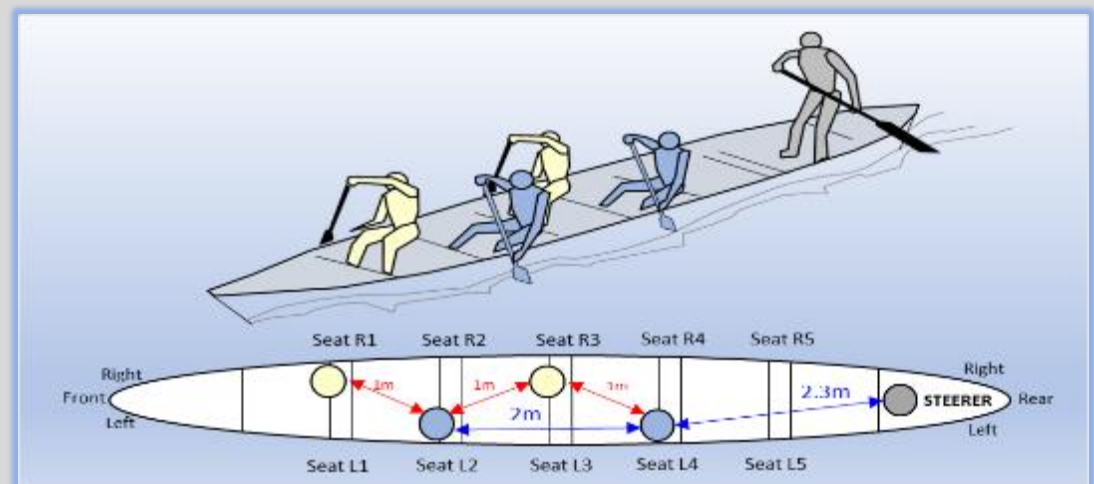
Pattern 3

- ✓ Without Coach
- ✓ Centre seat blank II



Pattern 4

- ✓ Without Coach
- ✓ Last seat blank



STANDARD REQUIREMENT – THE COACH

- 1) **The Coach must either have the Recreational Instructor/Trainer or Dragon Boat Technical Coach Level 1/2 certificate**
- 2) The Coach must position themselves in the most commanding position in the boat i.e. at the front (i.e. drummer's position, etc.) or at the back (i.e. steering position, etc.)
- 3) If The Coach is in the steering position, this means that they will also be steering the boat, i.e. coach cum steer.
- 4) The Coach must have complete situational awareness at all times even if there is someone else steering the boat
- 5) The Coach cannot be doing something else apart from coaching or coach cum steer (i.e. The Coach cannot be paddling while he/she is also coaching the Team)
- 6) The Coach must always maintain awareness of the Lightning Warning System (LWS) in the reservoir. If you have to, maintain a frequent circuit in order to maintain sight of the LWS
- 7) The Coach is also required to bring along their smart phones or mobile devices into the boat to keep tabs on weather conditions via the MyNEA app



NEW NORMS – THE COACH

- ❑ Total permissible inside boat (the “Full Crew”) = 1 Coach + 5 Athletes
- ❑ *The Coach must be in the front of the boat and be seated. The reduction to just 4 athletes lightened the boat’s displacement and brought the centre-of-gravity higher. Probability for a standing coach to fall off the boat therefore greater*
- ❑ If there is no Coach present in the boat, a non-Coach (i.e. no certifications) cannot fill-in the exclusive Coach position in the front of the boat
- ❑ The Coach can double-up as the Steer ; in this case, the boat can only have 5 persons (1 Coach/Steer + 4 Athletes) aboard.
- ❑ If no Coach present, the boat can only have 5 athletes (1 Steer + 4 Athletes) aboard
- ❑ The Coach must remain with the same boat at all times for the session
- ❑ The Coach is required to be protected at all times so MUST WEAR face mask or face shield
- ❑ If The Coach is wearing a face shield, need to change to face mask once dragon boating session is over and The Coach is back on land



Coach with Face Mask



Coach with Face Shield

NEW NORMS – MENTORS

Mentors

- ☐ Defined as a “Senior Paddler” within the team
- ☐ Assist the Trainer/Coach to teach new paddlers how to paddle
- ☐ Functions as a Trainer/Coach Assistant
- ☐ Mentors are required to wear face mask or face shield

Requirements

- ☐ Mentor must seat in seat#1
- ☐ Mentors permitted to face the crew
- ☐ Seat#2 must be left blank
- ☐ New paddlers seating staggered in Seats #3, #4 & #5
- ☐ Mentor must not make physical contact with the new paddlers

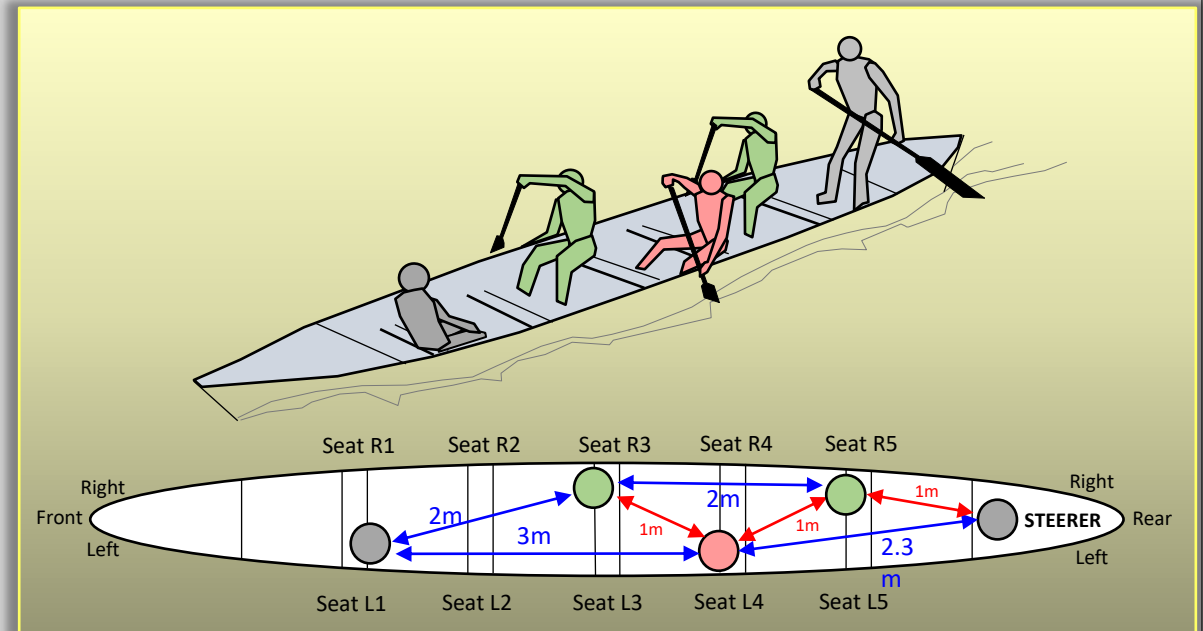
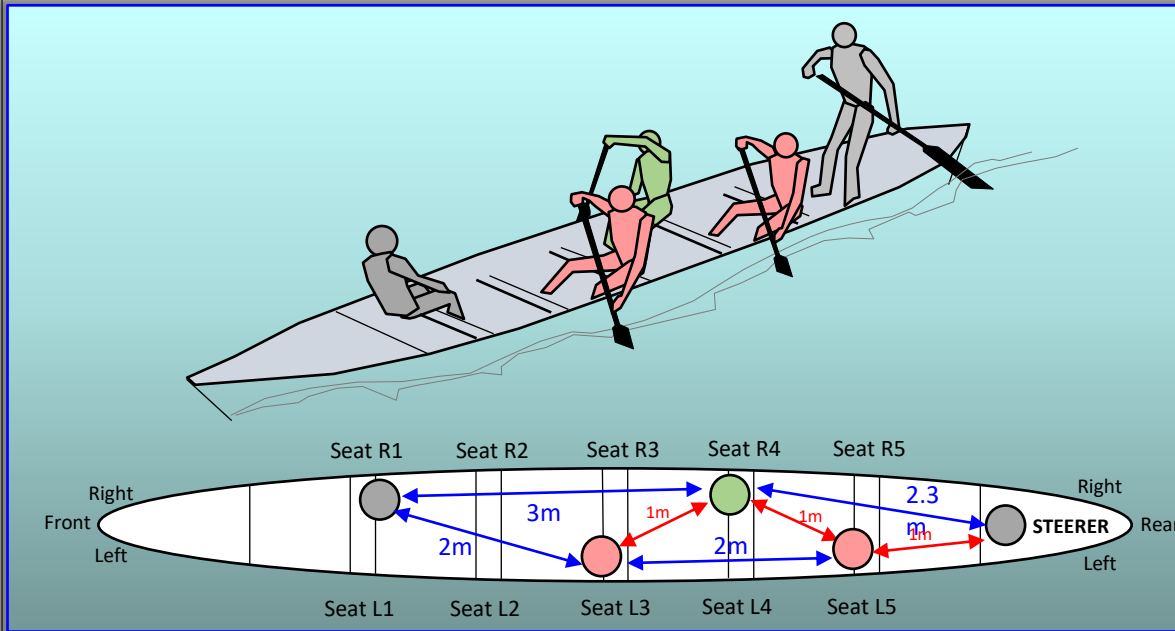


NEW NORMS – MENTOR IN CREW CONFIGURATION

Pattern 5

Pattern 5

- ✓ With Mentor
- ✓ Mentor must counter-balance the paddlers
 - ✓ Cannot have Coach
 - ✓ Second(2nd) seat blank



NEW CONDITIONS – THE COACH

Scenario 1: Coaching Same Team/Different Crew at Different Sessions on the Same Day

☐ Permitted !

- ☐ The Coach is permitted to coach different Crew belonging to the same Team at different sessions (or time) of the day ;
- ☐ There is no limit on the number of sessions a Coach may schedule for the day ;
- ☐ The Coach must maintain protected status (i.e. masked-up, etc.), even during the transition period between Crew changeover;
- ☐ The Coach who is coaching same team/different crew at different sessions of the same day is required to wash their hands (with soap, etc.) or sanitized their hands (by using hand sanitizers, etc.) before every session ;
- ☐ E.g. A Coach may coach Team A/Crew 1 at 0700-0900hrs, on Saturday ; the same Coach is then permitted to coach Team A/Crew 2 at 0900-1100hrs, on the same Saturday.

Scenario 2: Coaching Different Teams at Different Sessions on the Same Day

☐ Permitted !

- ☐ A Coach is permitted to coach 2 different Teams at different sessions (or time) on the same day
- ☐ There is no limit on the number of sessions a Coach may schedule for the day ;
- ☐ The Coach must maintain protected status (i.e. masked-up, etc.) at all times, even during the transition period between Teams and/or Crew ;
- ☐ The Coach who is coaching different teams at different sessions of the same day is required to wash their hands (with soap, etc.) or sanitized their hands (by using hand sanitizers, etc.) before every session ;
- ☐ E.g. A Coach may coach Team A at 0700-0900hrs, on Saturday ; the same Coach is then permitted to coach Team B at 0900-1100hrs, on the same Saturday.



NEW CONDITIONS – THE COACH

Scenario 3: Coaching and then Steering (only) for Different Teams on the Same Day

☐ Permitted !

- ☐ A Coach is permitted to coach for a Team and then go on to steer (only) for another Team on the same day ;
- ☐ This is only permitted if the coaching and steering (only) are at different sessions in the same day ;
- ☐ The Coach must maintain protected status (i.e. masked-up, etc.) at all times, regardless if they are coaching a Team and then steering (only) for another Team. This shall include the transition period between Teams ;
- ☐ The Coach who is coaching & steering (only) different teams on the same day is required to wash their hands (with soap, etc.) or sanitized their hands (by using hand sanitizers, etc.) before every session ;
- ☐ E.g. A Coach is coaching for Team A at 0700-0900hrs on Saturday ; the same Coach is then permitted to steer (only) for Team B at 0900-1100hrs on the same Saturday.

Scenario 4: Coaching and Paddling with the same Team

☐ Not permitted if on the same day: -

- The Coach will be giving up their protected status in order to paddle (as paddlers can remove face mask when paddling) ;
- This will be undesirable as there may be cross contamination when the Coach moves back to coaching another crew in the next session or another team in the next session ;

☐ Permitted ! If on different days . The Coach's protected status is at least maintained for one day when they are coaching.

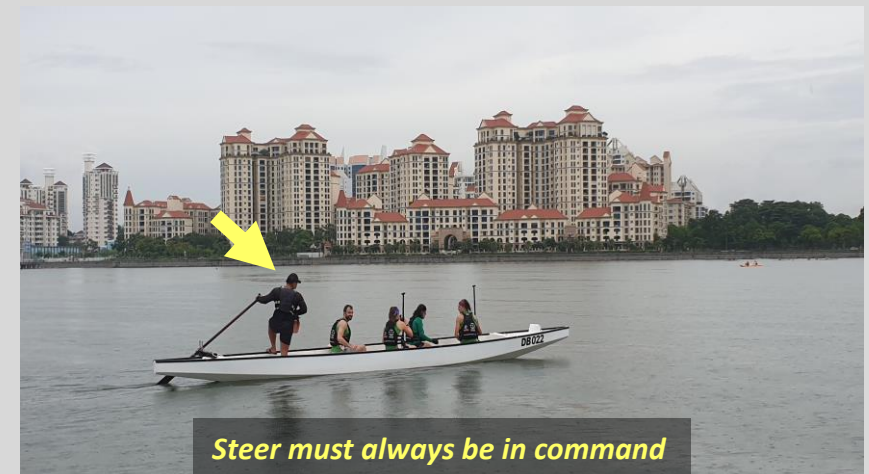
Scenario 5: Coaching & Paddling for different Teams

☐ Not permitted at all

- ☐ This is undesirable as the exposed Coach may cross contaminate between Teams

STANDARD REQUIREMENT – THE STEER

- 1) The Steer must either have the Probational License Letter or Basic Helm certificate (the “Certified Steer”)
- 2) The Steer must always be in command of the boat
- 3) If The Coach is in the steering position, this means that they will also be steering the boat, i.e. coach cum steer.
- 5) The Steer must have complete situational awareness at all times even if a Coach is present inside the boat
- 6) The Steer is responsible to keep the boat balance and stable
- 7) The Steer must always maintain awareness of the Lightning Warning System (LWS) in the reservoir. If you have to, maintain a frequent circuit in order to maintain sight of the LWS
- 8) The Steer is also required to bring along their smart phones or mobile devices into the boat to keep tabs on weather conditions via the MyNEA app

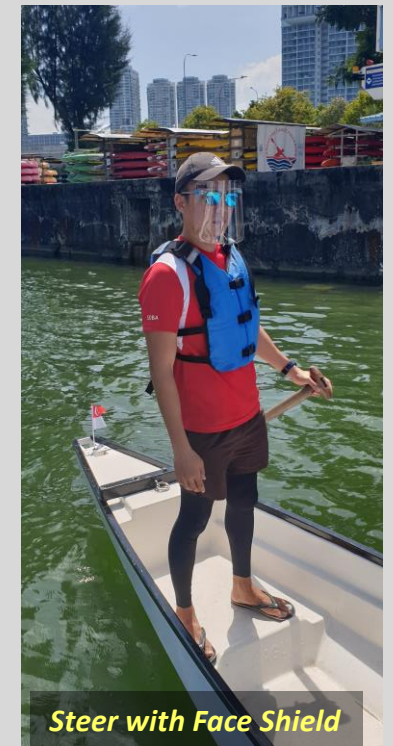


NEW NORMS – THE STEER

- ❑ Definition of 5 athletes (the “Crew”) = 4 Paddlers + 1 Steer, excluding one (1) Coach. Typical Crew size: 1 Steer in the back ; 4 Paddlers in the boat
- ❑ Total permissible inside boat (the “Full Crew”) = 1 Coach + 5 Athletes. Typical crew size: 1 Steer in the back, 1 Coach in the front and 4 paddlers in the boat
- ❑ The Coach can double-up as the Steer ; in this case, the boat can only have 5 persons (1 Coach/Steer + 4 Athletes) aboard.
- ❑ The Steer in different boats cannot cross over
- ❑ The Steer must remain with the same boat at all times for the session
- ❑ The Steer is required to be protected at all times so MUST WEAR face mask or face shield
- ❑ If The Steer is wearing a face shield, need to change to face mask once dragon boating session is over and The Steer is back on land

Two or more Certified Steers in the Boat

- ❑ For example, there are other certified Steers inside the boat who are paddling while a certified Steers is steering the boat
- ❑ The certified Steers are permitted to swap positions provided the rudder handle and holding stem is disinfected before every swap



NEW CONDITIONS – THE STEER

Scenario 1: Steering Same Team/Different Crew at Different Sessions on the Same Day

☐ Permitted !

- ☐ The Steer is permitted to steer different Crew belonging to the same Team at different sessions (or time) of the day ;
- ☐ There is no limit on the number of sessions a Steer may schedule for the day ;
- ☐ The Steer must maintain protected status (i.e. masked-up, etc.), even during the transition period between Crew changeover;
- ☐ The Steer who is steering same team/different crew at different sessions of the same day is required to wash their hands (with soap, etc.) or sanitized their hands (by using hand sanitizers, etc.) before every session ;
- ☐ E.g. A Steer may steer Team A/Crew 1 at 0700-0900hrs, on Saturday ; the same Steer is then permitted to steer Team A/Crew 2 at 0900-1100hrs, on the same Saturday.

Scenario 2: Steering Different Teams at Different Sessions on the Same Day

☐ Permitted !

- ☐ A Steer is permitted to steer 2 different Teams at different sessions (or time) on the same day
- ☐ There is no limit on the number of sessions a Steer may schedule for the day ;
- ☐ The Steer must maintain protected status (i.e. masked-up, etc.) at all times, even during the transition period between Teams and/or Crew ;
- ☐ The Steer who is steering different teams at different sessions of the same day is required to wash their hands (with soap, etc.) or sanitized their hands (by using hand sanitizers, etc.) before every session ;
- ☐ E.g. A Steer may steer Team A at 0700-0900hrs, on Saturday ; the same Steer is then permitted to steer Team B at 0900-1100hrs, on the same Saturday.



NEW CONDITIONS – THE STEER

Scenario 3: Steering and Paddling with the same Team

- ☐ **Not permitted** if on the same day: -
 - The Steer will be giving up their protected status in order to paddle (as paddlers can remove face mask when paddling) ;
 - This will be undesirable as there may be cross contamination when The Steer moves back to steering another crew in the next session or another team in the next session ;
- ☐ **Permitted** ! If on different days . The Steer's protected status is at least maintained for one day when they are steering.

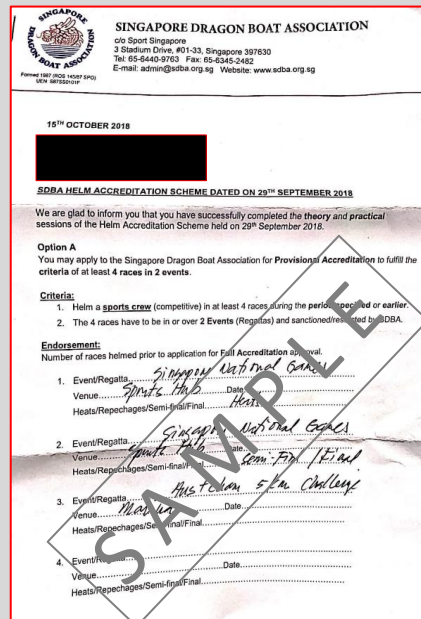
Scenario 4: Steering & Paddling for different Teams

- ☐ **Not permitted** at all
- ☐ This is undesirable as the exposed Steer may cross contaminate between Teams



NEW STANDARD OPERATING PROCEDURES

- ❑ Both COACH and STEER are required to show their certificates to the SDBA Officials on duty before they are permitted to coach or steer.
- ❑ Teams launching from PA or Sports Hub facilities, the COACH or STEER are required to show their certificates to the PA and Sports Hub duty personnel.



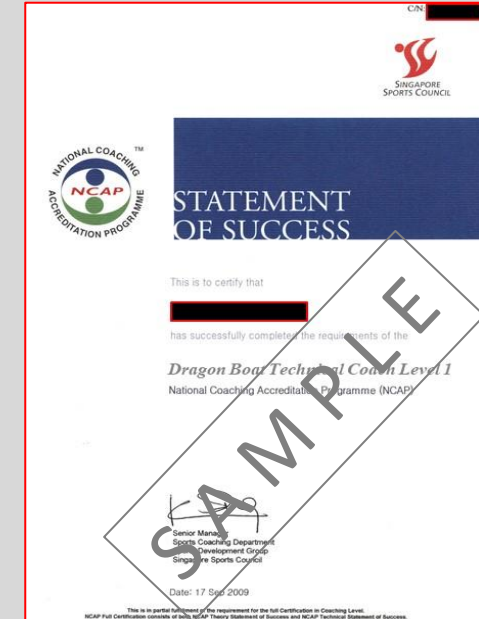
Probationary License
3 years expiry from date of issue



Basic Helm



Recreational
Instructor OR Trainer



Dragon Boat Technical Coach
Level 1 or 2
NCAP OR NROC

NEW NORMS – OPERATING AREA

For DB12 boat with 5-crew embarked

Description

- ❑ There is general reduction about 60% in the Weight to Power ratio with only 4 paddlers in the boat
- ❑ The boat may encounter difficulties negotiating strong winds, swift currents and high waves
- ❑ In case of a capsize, more difficult for The Crew to recover the boat

Requirements

- ❑ All boats must stay within Kallang River and/or Kallang Basin
- ❑ Keep sight of the Lightning Warning System installed at KWSC and/or Passion Wave ; If you launch from Sports Hub WSC, keep sight of their unique Lightning Warning System
- ❑ Return to base if you encounter dangerous situations (i.e. Cat 1 weather / lightning strikes) or emergencies (i.e. medical or damage to the boat)
- ❑ Each boat must maintain a distance of 3m from another boat, even when stationary. Bunch up (i.e. rafting) of multiple boats are not permitted



ORGANIZED TRAINING

For both High Performance & Mass Participation

NEW NORMS – TRAINING SESSION (Regular Dragon Boat Teams)

In conjunction with New Norms for Facilities



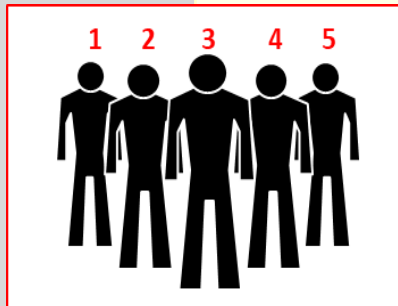
1. SDBA shall provide a Booking Schedule for Teams to indicate their preferred date & time
2. Follow the Schedule
3. Be on time!
4. Come in your training attire & ready to train
5. Move quickly (& safely)



1. Crew members are required to have their temperature taken at entrance into Facility
2. Those with temp 38° and above shall be declined entry



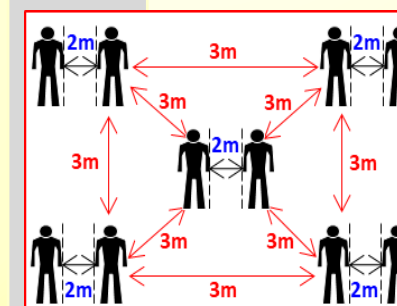
1. The Crew may remove face mask during paddling activity
2. Removal of face mask permitted **when seated inside the boat**
3. Re-wearing of face mask required after recovery of boat into storage



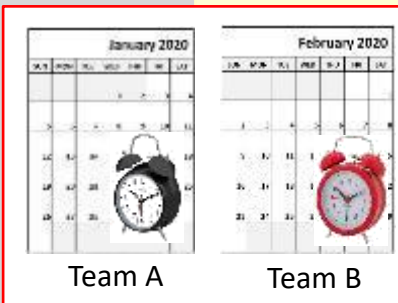
1. Teams may have more than 1 crew in same session but must be in different boats
2. Crew in different boats in the same session cannot cross over
3. Rafting (or bunching-up) of different boats are not permitted



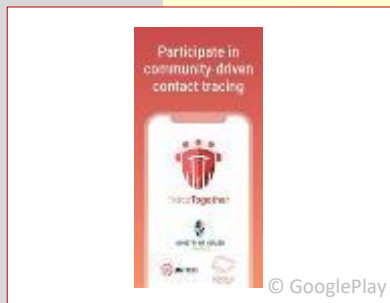
1. Crew members are required to log into the SafeEntry app before entering Facility
2. Mobile phone with QR code scanner app required ; NRIC scanning option in unavailable



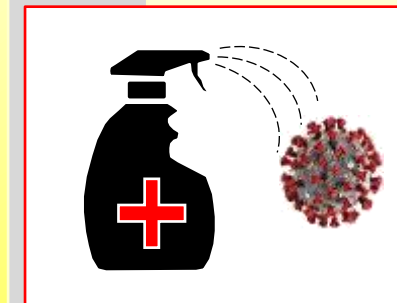
1. 2m apart between individual when exercising or playing sport on land
2. 3m apart between crew/groups on land
3. 3m apart between boats on water



1. Each training session is 2hrs, i.e. 1.5hrs land prep and training + 0.5hrs boat recovery and for disinfecting
2. Next batch can only enter Facility after previous batch has left



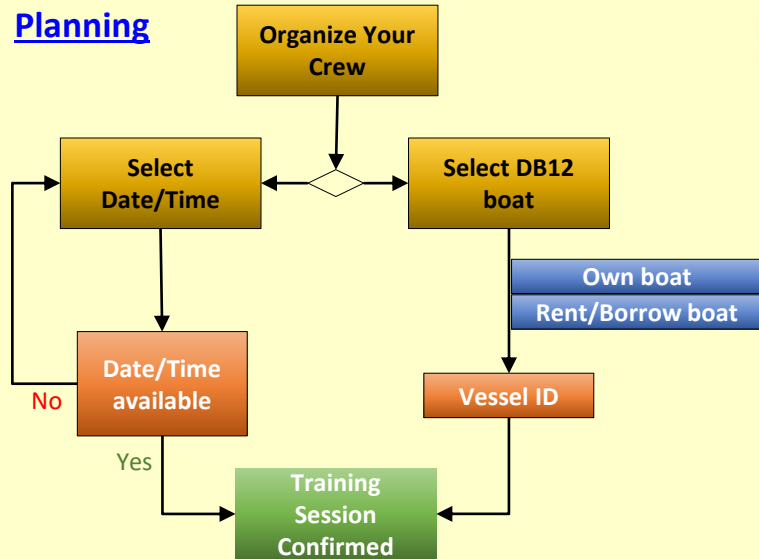
1. Crew members are required to activate the SafeTogether app before entering the Facility



1. Boat and equipment used shall be disinfected after use
2. If can, do not share paddles & PFD!
3. If must share paddles and PFD, to disinfect **BEFORE & AFTER** use

What Needs to be Done for Training

Planning



- ☐ SDBA offers the rental of either our DB12 racing or training boats at \$32.10/2hr session (inclusive of GST)
- ☐ Submit your training schedule to SDBA at least 5 working days before your training session
 - ☐ Include the total number of pax that will be attending the training session
 - ☐ Submit the DB12 boat vessel ID number if not renting SDBA boat
- ☐ **NOTE!** Availability of preferred time and/or boat is on 1st come – 1st get basis (otherwise SDBA may allocate a suitable time for you if there are available slots)
- ☐ *SDBA shall confirm your training session and rental of boat in writing (via email or Whatsapp, if necessary)

* Note: If you are training at Sports Hub WSC or Passion Wave, please check with them on their schedule and boat availability



Training Sessions regulated at 2hr per crew, per session

To reduce time spent in a social gathering & to meet control on 50 pax per Facility at any one time

Preparation

- ☐ Come in your training attire, i.e. suitable for getting wet and ready to train, etc.
- ☐ Be on time!
- ☐ Wait for the rest of your crew before entering the Facility
- ☐ Only enter the Facility when all crew are present
- ☐ * SDBA may tag every person that enter Nursery (i.e. with a wrist band, etc.) to track their allocated training time
- ☐ Move quickly and safely (there are other crew awaiting their allocated time to enter the Facility)
- ☐ Quickly prep and ready your boat with accessories and equipment

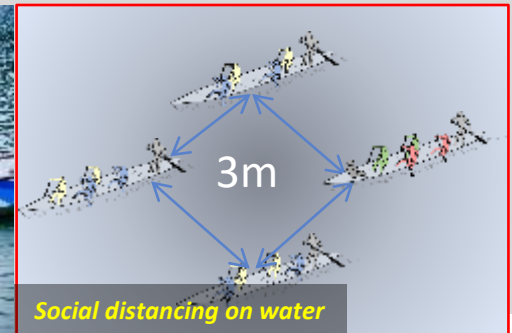
* Note: If you are training at Sports Hub WSC or Passion Wave, please comply with their tracking system and process



Social distancing on land



Move quickly & safely



Social distancing on water



Max. 50 persons permitted to operate out from all dragon boat Facilities at any given time

Execution

- ☐ Teams are only permitted to train within allocated time, based on the Booking Schedule
- ☐ Launch the boat once it is ready, do not linger (there are other crew awaiting their turn)
- ☐ Move quickly away from the pontoon or beach
- ☐ **NOTE!** With lesser crew onboard, power to weight ratio is reduce. Crew may encounter difficulties negotiating strong wind, wave and currents
- ☐ Stay close to base or in Kallang Basin
- ☐ Post training
 - ☐ Debrief/ conduct training assessment inside the boat, before heading back to base
 - ☐ Quickly disembark and/or recover boat back into stowage
 - ☐ Disinfect the boat, accessories and equipment used
 - ☐ Recover your belongings and quickly exit the Facility

What Needs to be Done - Booking Schedule

Session	Boat 1		Boat 2		Boat 7		Boat 8		Total Pax / Session	Remarks
	Team Details		Team Details		Team Details		Team Details			
Session 1: 7am to 8.30am	No of Pax	6	6	6	6				48	
	Vessel ID No	DB001	DB003	DB013	DB015					
	Team Name	NUS	SMU - 1	OCBC	Dragonfly					
	Contact Person	Sharon Ng	Lim Wee Kok	Toh Lay Yen	Chia Yi Liang					
	Contact No	12345678	23456789	67890123	45678901					
8.30am to 9am	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser									
Session 2: 9am to 10.30pm	No of Pax									
	Vessel ID No									
	Team Name									
	Contact Person									
	Contact No									
10.30am to 11am	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser									
Session 3: 11am to 12.30pm	No of Pax									
	Vessel ID No									
	Team Name									
	Contact Person									
	Contact No									
12.30pm to 1pm	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser									
Session 4: 1pm to 2.30pm	No of Pax									
	Vessel ID No									
	Team Name									
	Contact Person									
	Contact No									
2.30pm to 3pm	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser									
Session 5: 3pm to 4.30pm	No of Pax									
	Vessel ID No									
	Team Name									
	Contact Person									
	Contact No									
4.30pm to 5pm	Disinfect boat & change over crew at Beach or disinfect & stowe boats at Nurser									
Session 6: 5pm to 6.30pm	No of Pax									
	Vessel ID No									
	Team Name									
	Contact Person									
	Contact No									
6.30pm to 7pm	Disinfect & stowe boats at Nursery									

ORGANIZED PROGRAMS

For both High Performance & Mass Participation

NEW NORMS – DRAGON BOAT PROGRAMS

In conjunction with New Norms for Facilities



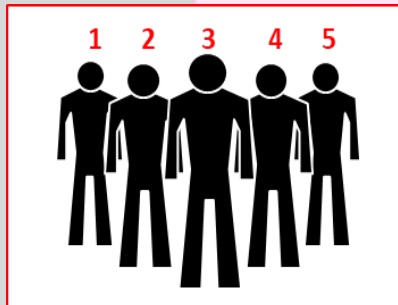
1. Minimum age to participate is 12 years old
2. Come in suitable attire, ready to get wet
3. Be on time
4. Stay within your designated group
5. Follow instructions given by SDBA Trainers & Steerers



1. Participants are required to have their temperature taken at entrance into Facility
2. Those with temp 38° and above shall be declined entry



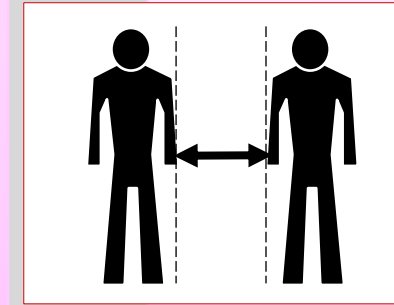
1. Participants may remove face mask during activity
2. Removal of face mask is permitted before embarking into the boat
3. *Re-wearing of face mask required after recovery of Crew and Coach back on land*



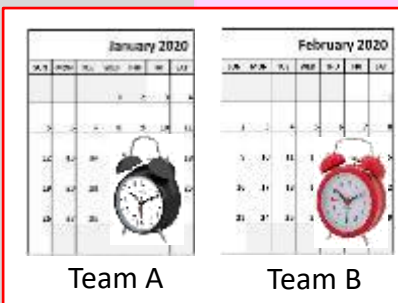
1. Minimum no of persons per Crew = 4 pax + 1 Steer
2. Minimum no of persons for Program = 8 pax
3. Maximum no of persons for Program = 40 pax (subjected to time slot and boat availability)
4. If you do not have own Steer, SDBA shall assign one to you



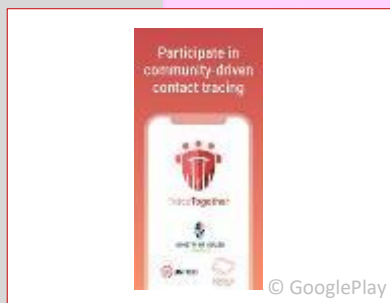
1. Participants are required to log into the SafeEntry app before entering Facility
2. Mobile phone with QR code scanner app required ; NRIC scanner option is unavailable



1. 2m apart when exercising or playing sport on land
2. 3m apart between crew/ groups on land
3. 3m apart between boats on water



1. Each crew launch and recovery time shall be staggered
2. Each session is 2 hrs, i.e. 0.5hrs safety & technical briefing + 1.5hrs water works



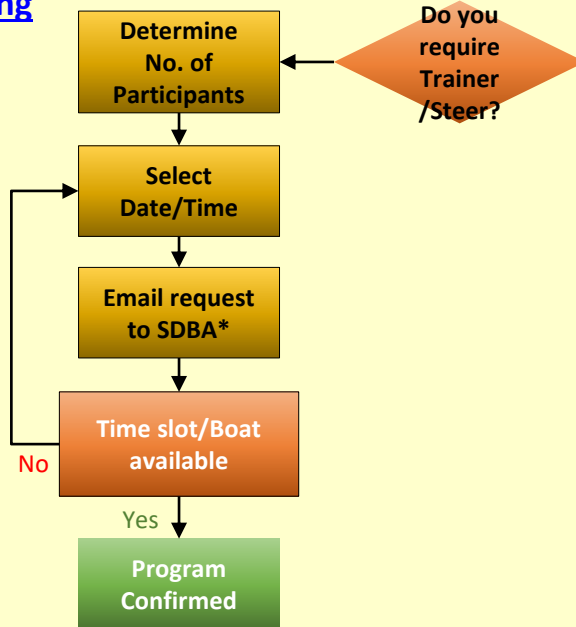
1. Participants are required to activate the SafeTogether app before entering the Facility



1. The Boat, its accessories and equipment used shall be disinfected after every use

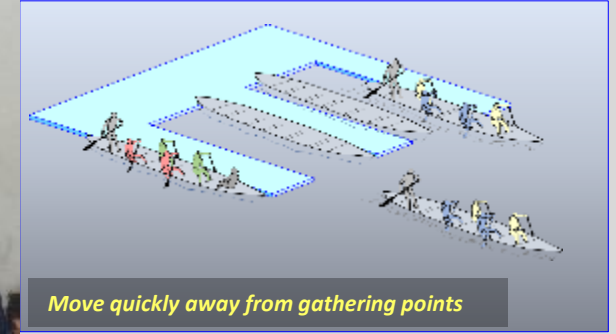
What Needs to be Done for Programs

Planning



- ☐ Submit email request at least 14 working days before Program date
- ☐ Please refer to *SDBA website (www.sdba.org.sg) for program rates
- ☒ **NOTE!** Availability of preferred time and/or boat is on 1st come – 1st get basis
- ☐ SDBA shall confirm your program booking, inclusive of availability of boats, trainer & steer (if required)

* Note: If you are intend to do the Program at Sports Hub WSC or Passion Wave, please check with them



Preparation

- ☐ Come in suitable attire, ready to get a little wet
- ☐ Be on time!
- ☐ Wait for the rest of your participants. Only enter the Facility when all your participants are present
- ☐ Limit movement inside the Facility, i.e. between the storage space, toilets and boats, etc.
- ☐ Move quickly and safely (there maybe other crew waiting for their turn)
- ☐ Individual Trainer / Steer shall conduct the Safety & Technical Briefing according to the assigned groups
- ☐ Smile lots & have fun!

Execution

- ☐ Follow instructions given by the Trainers / Steerers
- ☐ Kit-up quickly and embark the boat once the crew is ready, do not linger (there are other crew awaiting their turn)
- ☐ Move quickly away from the pontoon
- ☐ Maintain at least 3m distance from other boats on the water (even when stationary – bunching together is not permitted)
- ☒ **NOTE!** With lesser crew onboard, power to weight ratio is reduce. Crew may encounter difficulties negotiating strong wind, wave and currents
- ☐ Stay close to base or in Kallang Basin
- ☐ Post program
 - ☐ Debrief/ conduct training assessment inside the boat, before heading back to base
 - ☐ Quickly disembark, recover your belongings, change and exit the Facility
 - ☐ SDBA will disinfect the boat, accessories and equipment used
 - ☐ Recover your belongings and quickly exit the Facility



What Needs to be Done - Booking Schedule

Bookings at KWSC on 27 / 6 / 2020 (Saturday)

Session	Boat 1				Boat 2				Boat 7				Boat 8				Total Pax / Session	Remarks
	Team Details	SDBA Trainer	SDBA Steer	Total Pax	Team Details	SDBA Trainer	SDBA Steer	Total Pax	Team Details	SDBA Trainer	SDBA Steer	Total Pax	Team Details	SDBA Trainer	SDBA Steer	Total Pax		
Session 1: 7am to 9am	No of Pax	5	0	5	No of Pax	5	0	5	No of Pax				No of Pax				23	SCF 1 + 7am to 12pm 24 pax
	Team Name	NUS			Team Name	SMU - 1			Team Name	Block Out			Team Name	Block Out				
	Contact Person	Sharon Ng			Contact Person	Lim Wee Kok			Contact Person				Contact Person					
	Contact No	12345678			Contact No	23456789			Contact No				Contact No					
9am to 10am																		
Session 2: 10am to 12pm	No of Pax				No of Pax				No of Pax				No of Pax					
	Team Name				Team Name				Team Name	Block Out			Team Name	Block Out				
	Contact Person				Contact Person				Contact Person				Contact Person					
	Contact No				Contact No				Contact No				Contact No					
12pm to 1pm																		
Session 3: 1pm to 3pm	No of Pax				No of Pax				No of Pax				No of Pax					
	Team Name				Team Name				Team Name				Team Name					
	Contact Person				Contact Person				Contact Person				Contact Person					
	Contact No				Contact No				Contact No				Contact No					
3pm to 4pm																		
Session 4: 4pm to 6pm	No of Pax				No of Pax				No of Pax				No of Pax					
	Team Name				Team Name				Team Name				Team Name					
	Contact Person				Contact Person				Contact Person				Contact Person					
	Contact No				Contact No				Contact No				Contact No					
6pm to 7pm																		

COURSES

For Practical Component only

NEW NORMS FOR PRACTICAL COURSES



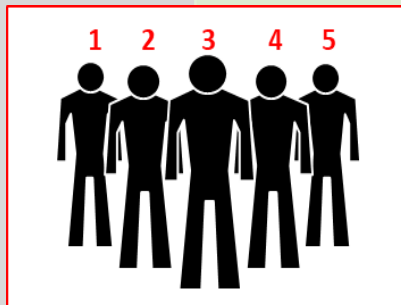
1. Be in suitable attire
2. Be on time!
3. Move quickly
4. Stay within your designated group
5. Follow instructions given by the Assessors
6. Keep calm & don't stress!



1. Candidates entering KWSC (venue for Practical Session) shall have their temperatures taken
2. Those with temp 38° & above shall be declined entry into KWSC



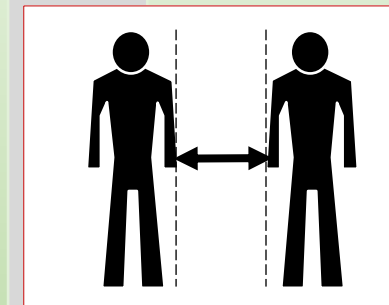
1. Candidates may remove face mask during activity
2. Removal of face mask permitted before embarking into the boat
3. *Re-wearing of face mask required after recovery on land*



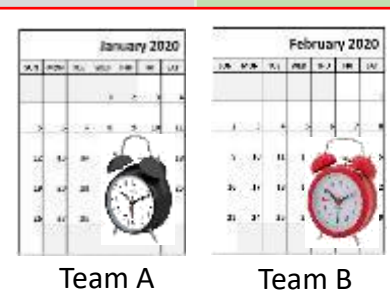
1. Theory session shall be on webinar platform
2. Theory Technical Test shall be conducted in KWSC Trainer's Room
3. For practical test session, size of crew shall be 6 persons = 1 Assessor + 5 candidates



1. Candidates entering KWSC shall be required to log into the SafeEntry app
2. Mobile phone with QRcode scanner app required ; NRIC scanning option is unavailable



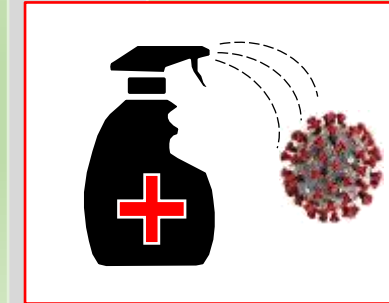
1. 1m apart during Theory Technical Test
2. 2m apart when exercising or playing sport on land
3. 3m apart between crew/ groups on land
4. 3m apart between boats on water



1. Each session = 4hr
2. Each crew shall be isolated from the other
3. Each crew's launch and recovery time shall be staggered



1. Candidates entering KWSC shall be required to activate the SafeTogether app



1. The Boat, its accessories and equipment used shall be disinfected after every use
2. Candidates must use their own PFD and paddles

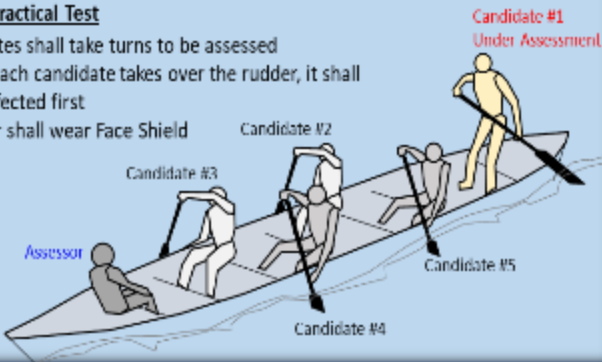
What Needs to be Done



Social distancing during Technical Theory Test

Set-up of Practical Test

- 1) Candidates shall take turns to be assessed
- 2) Before each candidate takes over the rudder, it shall be disinfected first
- 3) Assessor shall wear Face Shield



Social distancing during Practical Assessment



Planning

- ☐ Theory will be done online via Zoom and the Theory test will be conducted when the participant comes for their Practical session.
- ☐ Practical assessment will be done in person at KWSC
- ☐ All participants will be in groups of 5 + 1 Assessor (total 6pax in a DB12)
- ☐ SDBA will allocate date and a 4 hour time slot for the practical test

Preparation

- ☐ Come in suitable attire, ready to get a little wet
- ☐ Be on time!
- ☐ SDBA will designate you into crew of 5 pax each
- ☐ Theory test will be conducted in the Trainers Room
- ☐ Ready the boat & kit-up quickly and safely

Execution

- ☐ Launch and/or embark in the boat once it is ready, do not linger
- ☐ Move quickly away from the beach or pontoon
- ☒ **NOTE! With lesser crew onboard, power to weight ratio is reduce. Crew may encounter difficulties negotiating strong wind, wave and currents**
- ☐ Post training
 - ☐ Debrief/assessment, if any, shall be conducted inside the boat, before heading back to base
 - ☐ Quickly disembark, recover your belongings, change and exit the Facility
 - ☐ SDBA will disinfect the boat, accessories and equipment used
 - ☐ Recover your belongings and quickly exit the Facility

FACILITIES

1. SDBA Admin Office
2. Kallang Water Sports Centre (KWSC)
3. Kallang Dragon Boat Nursery

Note: For Sports Hub Water Sports Centre & Passion Wave, please refer to their control measures

1. NEW NORMS FOR SDBA ADMIN OFFICE

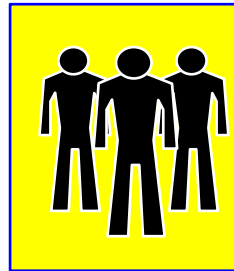
Not Cleared to Work from Office



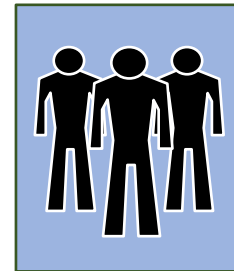
Work from home

Until permitted to return back to office

If have to Work from Office



Team A



Team B

Separate Work Groups

Staff shall be divided into two(2) groups



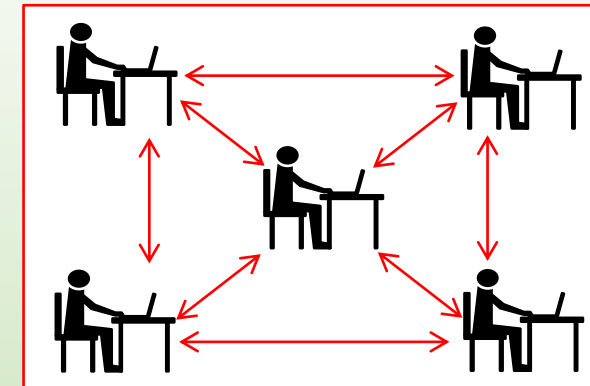
Team A



Team B

Alternate Work Schedule

The two(2) groups shall work on alternate days



Staggered work stations

Staff shall occupy alternate work stations and shall not share same space

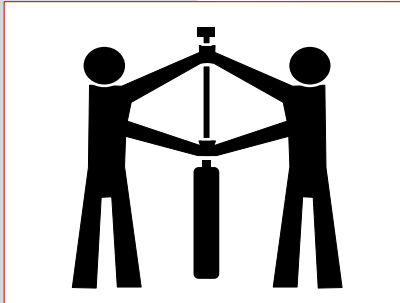


Line of Communications

The two(2) groups shall rely on pre-established open line of communications

2. NEW NORMS FOR KWSC (KALLANG WATER SPORTS CENTRE)

In conjunction with New Norms for Training, Programs & Courses



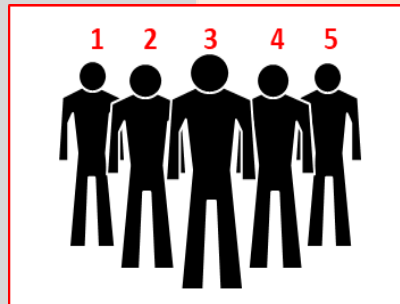
1. SDBA is sharing KWSC with Singapore Canoe Federation (SCF)
2. Facility capacity = 50 pax
3. SDBA shall coordinate with SCF to maintain no of both SDBA and SCF participants = max 50 pax



1. People entering KWSC shall have their temperatures taken
2. Those with temp 38° & above shall be declined entry into KWSC



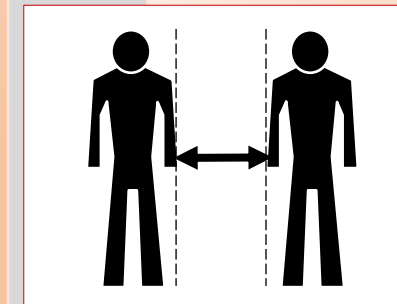
1. Coach and Steer shall wear Face Shield as they need to shout commands & instructions
2. Removal of face mask permitted before entering pontoon
3. *Re-wearing of face mask required after recovery on land*



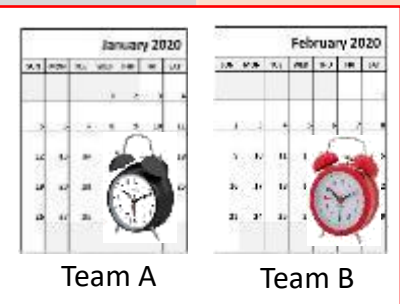
1. Minimum dragon boat participants at KWSC is 1*DB12 boat with 5 athletes per boat, excluding Coach
2. Maximum dragon boat participants at KWSC is 10*DB12 boats at 5 athletes per boat, excluding Coach



1. People entering KWSC shall be required to log into the SafeEntry app
2. Mobile phone with QR code scanner app required ; NRIC scanning option is unavailable



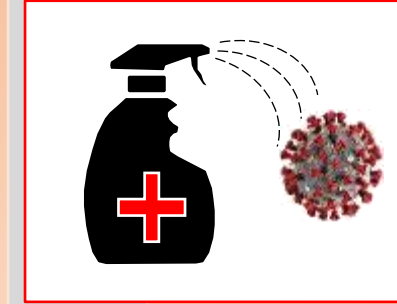
1. 2m apart when exercising or playing sport on land
2. 3m apart between crew/ groups on land
3. 3m apart between boats on water



1. Every Training, Program and Course session shall be pre-scheduled and rostered



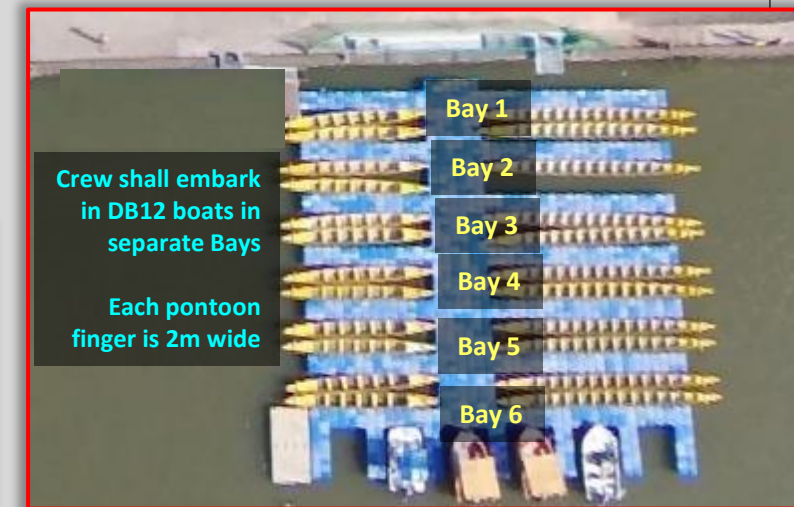
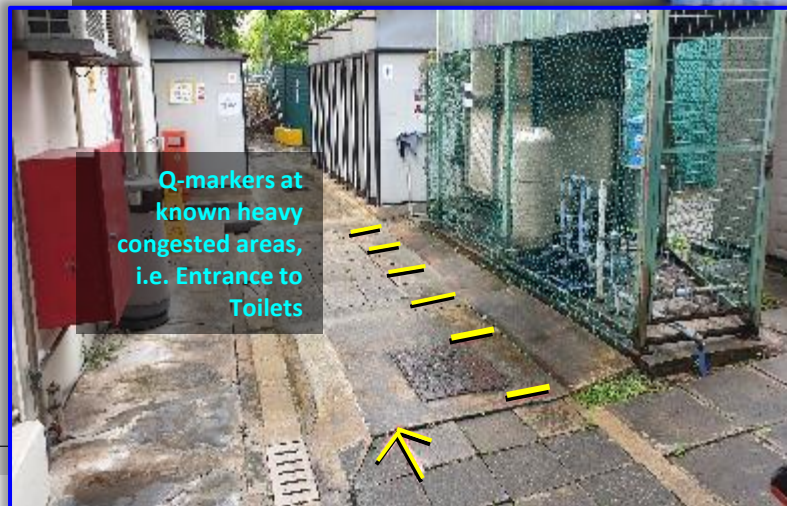
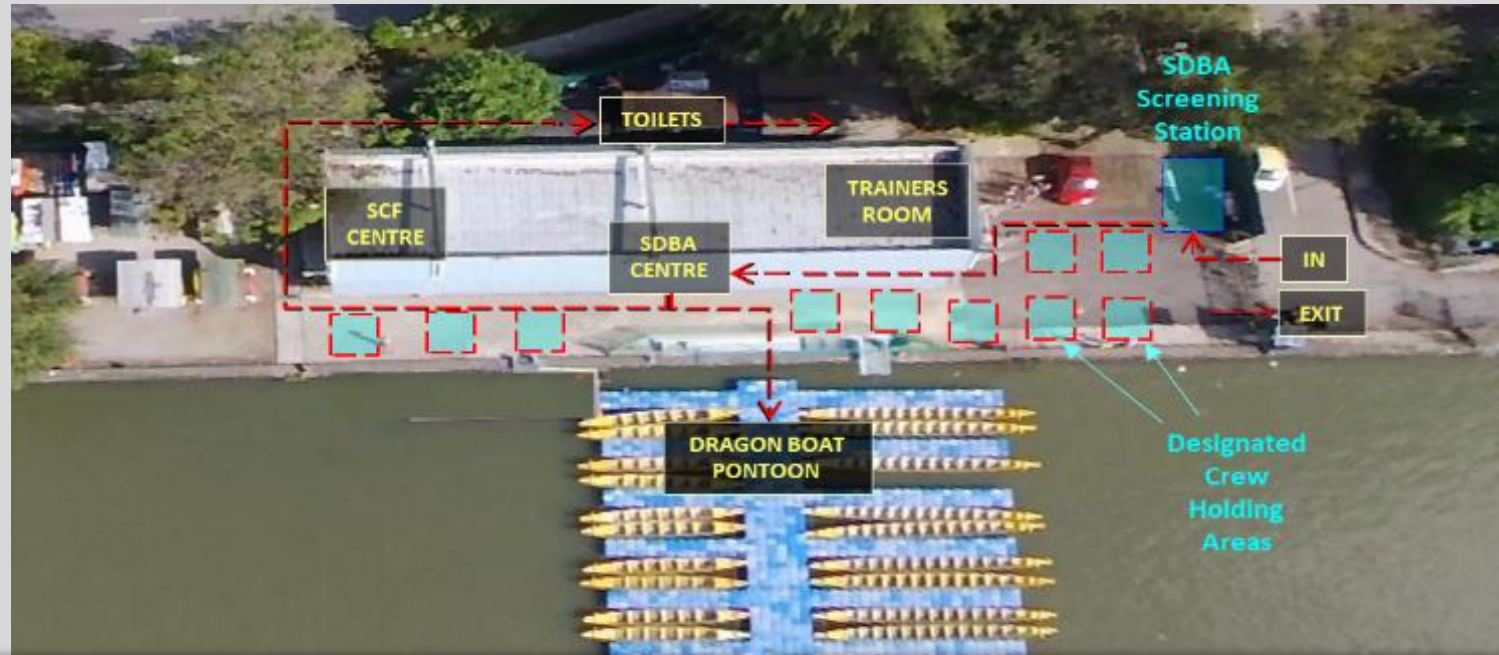
1. People entering KWSC shall be required to activate the SafeTogether app



1. Boat and equipment used shall be disinfected after use
2. There is also a weekly disinfection schedule

What Needs to be Done at KWSC

Facility Capacity = 50 pax to be shared between SDBA & SCF

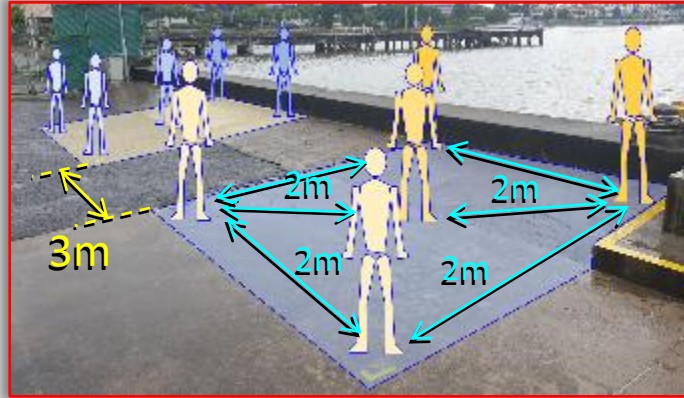


Control Measures at KWSC



At Screening Station

- Only correct Crew-size permitted to enter
- Scan SafeEntry QR Code
- Temperature check



Warm-ups/Warm Downs on Land

- There are Crew Activity Boxes marked on the floor
- Each Box can contain one crew of 5 persons
- When exercising, warm-ups or warm-downs, can don't wear Face Mask
- Maintain 2m separation between Persons
- Maintain 3m separation between Groups



On the Pontoon

- SDBA will assign which boat
- Keep 3m apart between groups/boats
- Wait your turn to launch from the pontoon
- When recovering, wait your turn to get on the pontoon
- Give way to crew exiting the pontoon first

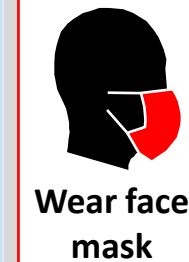
3. NEW NORMS FOR DRAGON BOAT NURSERY



1. Stick to the Booking Schedule (see below)
2. Move quickly (& safely) as other Crew are waiting for you to end your session
3. The next Crew on the Booking Schedule have to wait for the previous session to vacate first



1. Crew entering The Nursery shall have their temperatures taken
2. Those with temp 38° & above shall be declined entry into Nursery



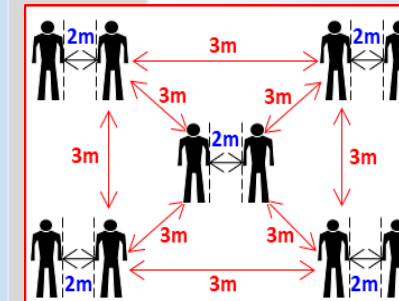
1. The Crew may remove face mask during paddling activity
2. Removal of face mask permitted before launching into the water
3. *Re-wearing of face mask required after recovery of boat into storage*



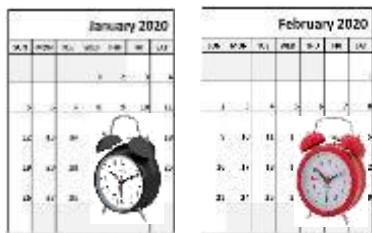
1. Only the Crew indicated on the Booking Schedule will be permitted to enter Nursery
2. Limit time spend in Nursery, quickly prep and launch your boat



1. Crew entering The Nursery shall be required to log into the SafeEntry app
2. Mobile phone with QR code scanner app required ; NRIC scanning option is unavailable

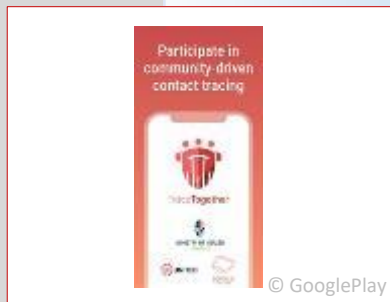


1. 2m apart between individual when exercising or playing sport on land
2. 3m apart between crew/groups on land
3. 3m apart between boats on water

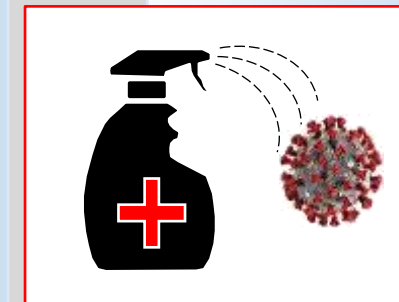


Team A Team B

1. Each training session is 2hrs, i.e. 1.5hrs land prep and training + 0.5hrs boat recovery and for disinfecting
2. Next batch can only enter Facility after previous batch has left



1. Crew entering The Nursery shall be required to activate the SafeTogether app



1. Boat and equipment used shall be disinfected after use
2. If can, do not share paddles & PFD!
3. If must share paddles and PFD, to disinfect **BEFORE & AFTER** use

What Needs to be Done at Nursery

Facility Capacity = 50 pax permitted to operate at any one time



Control Measures at Nursery



At Screening Station

- Only correct Crew-size permitted to enter
- Scan SafeEntry QR Code
- Temperature check



Launching of Boats

- Wait your turn to move your boat
- Can don't wear Face Mask due to strenuous activity
- When unmasked, MUST maintain 2m safe distancing between persons & 3m between other crew/boat



On the Ramp

- Keep 3m apart between boats
- Wait your turn to launch into the water
- When recovering, wait your turn to get on the ramp
- Give way to boats launching first



At the Beach

- Maintain 3m separation between boats
- You may disembark BUT stay with your boat
- As long as you are unmasked, DO NOT MINGLE with crew from other boats Or other people on the beach



Recovering Boat from the Water

- Wait your turn
- Maintain 3m separation between boats
- As long as you are unmasked, DO NOT MINGLE with crew from other boats Or other people on the beach



Warm-ups/Warm Downs on the Beach

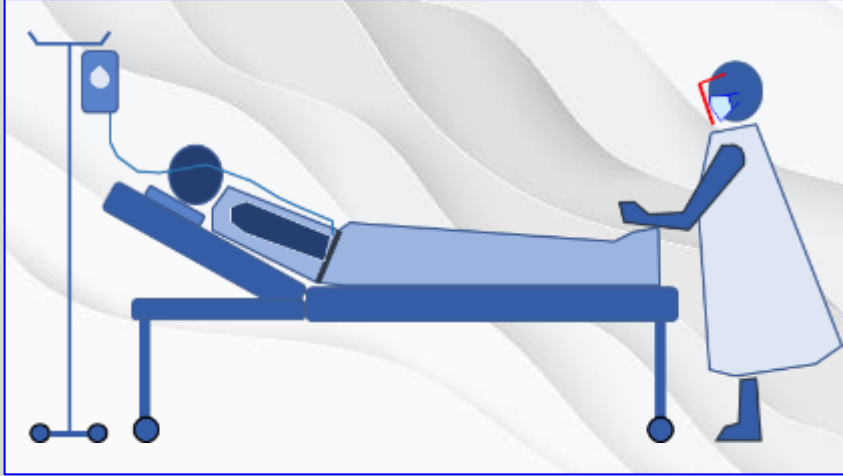
- When exercising, warm-ups or warm-downs, can don't wear Face Mask
- Maintain 2m separation between Persons
- Maintain 3m separation between Groups

COVID-19 POSITIVE

Necessary Actions

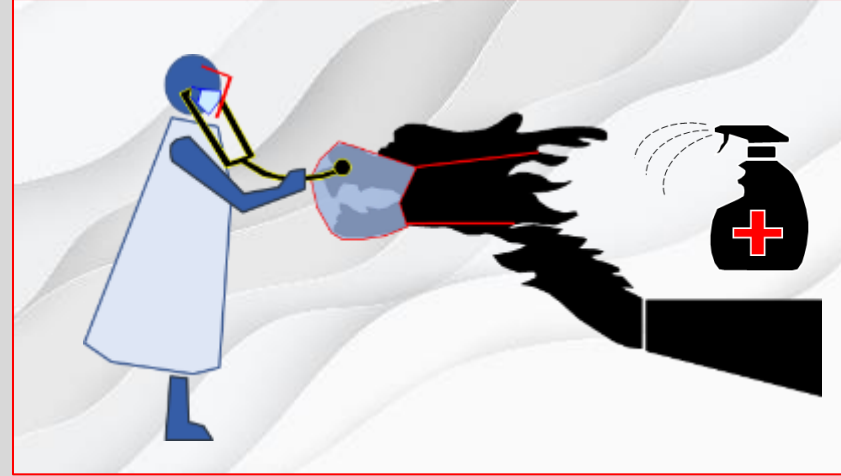
COVID-19 POSITIVE TEAMMATE/CREW MEMBER

What needs to be done



Action from Team Manager

1. Inform the rest of The Team about the COVID-19 positive teammate
2. Contact tracing ; Identify the people in the Team he/she has been with
3. Advise Teammates that were in contact with to consult a doctor
4. Inform SDBA
5. Comply with Stay Home Notice or Quarantine Order, if any



Action from SDBA

1. Shall temporarily stop all dragon boat activities in entirety or in part
2. Inform SportSG and relevant authorities
3. Contact tracing ; Identify people from other Teams that may have come in contact with
4. Carry out disinfection works at facility that may have come into contact with
5. Review plans before restarting

ENFORCEMENT & CHECKS

NEW NORMS – ENFORCEMENT & CHECKS

Let's do our very best to comply with the control measures

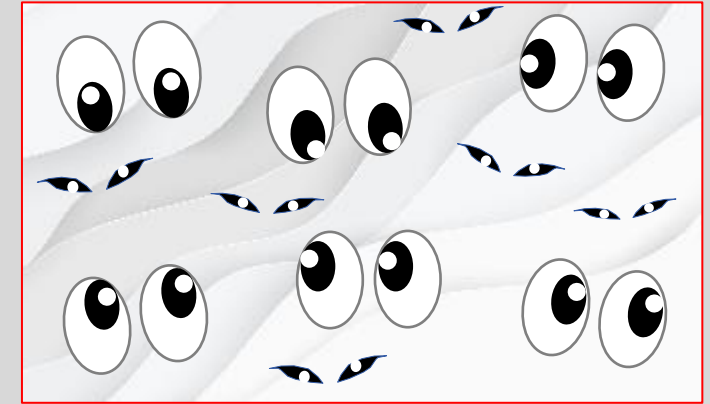


Government agents



Government CCTV

"There's one at Nursery Beach too...."

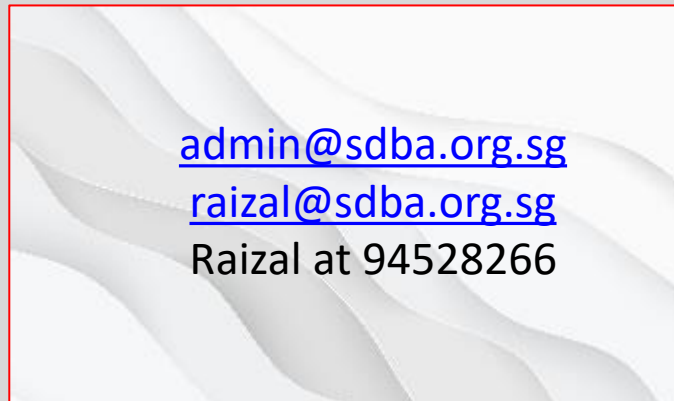


Someone is always watching



Screening Stations at Facilities

"Mobile phone with QR scanning app required, NRIC scanning option unavailable"



admin@sdba.org.sg

raizal@sdba.org.sg

Raizal at 94528266

Feedback channels

"Can also contact us if you are lonely....."

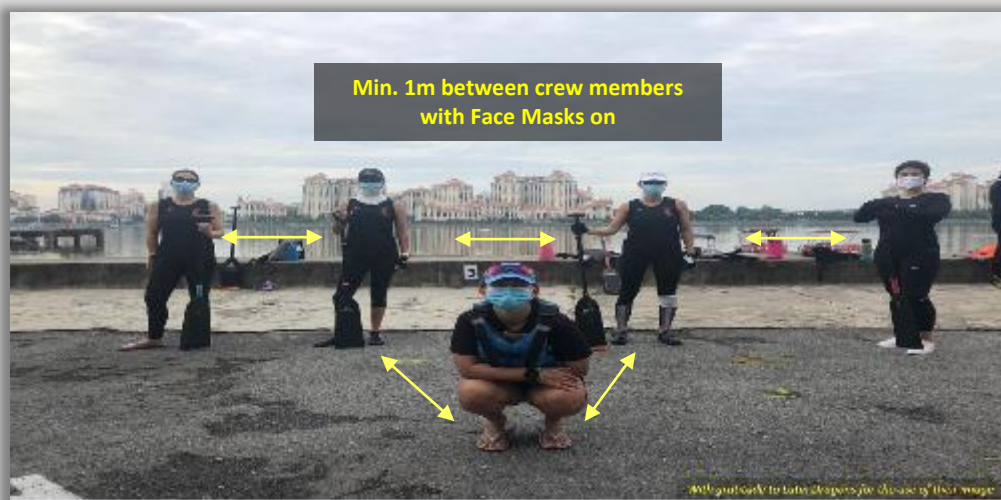


SDBA patrols

SAFE DISTANCING ADVISORY

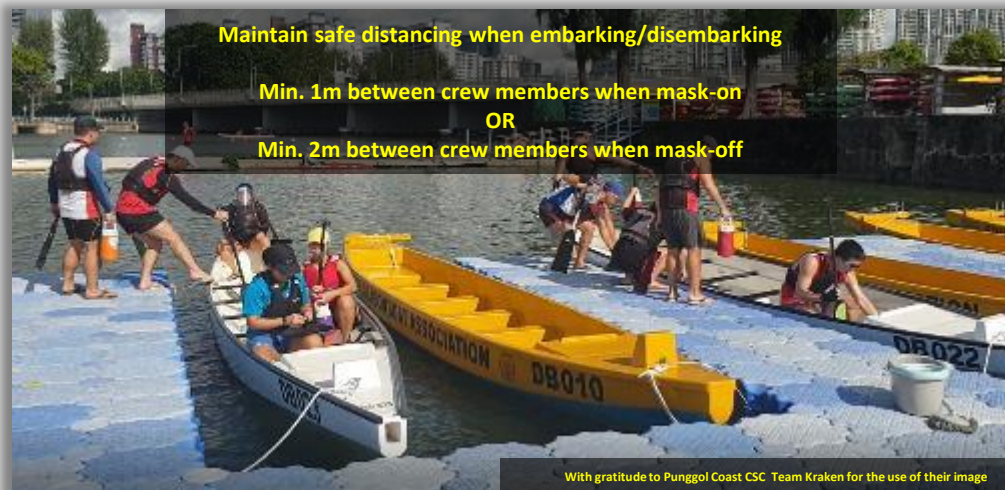
SAFE DISTANCING

Always check your photos before sharing/posting with others



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Stay Safe & Healthy